



Newsletter

JULY 2016

July Greetings

Hello Empower Superheroes!

We have been working behind the scenes to update the Empower Guidebook and website. The 3rd edition of the Empower Guidebook has been completed and is in our warehouse waiting to be mailed! All ADHS-licensed child care centers and child care group homes (CCGH) will receive this in the mail, along with a resource packet. You can expect this to arrive around the end of August.

Also receiving these for the first time ever will be family child care (FCC) homes. These are certified providers who offer child care in their homes for four children or fewer (for compensation). The FCCs are certified by the Arizona Department of Economic Security (DES). We are thrilled to have them join us in the Empower Program. This addition means almost 600 new care facilities on top of the 2400 that use Empower already. The best part is the quality improvement in health and wellness behaviors that children and their families will experience.

Bonnie

Welcome DES Family Child Care!!

More on Sun Safety

While we don't endorse any particular products or vendors, we do want to make resources available to you, especially those that are low cost or free. We provided the link last month about a new sun safety curriculum for preschool children. Here is some more information. They even have their own superheroes!

The University of Texas MD Anderson Cancer Center has developed the [Sunbeatables™ Program](#) to educate teachers, parents, and children about sun

protection and sun safety behaviors.

Children meet superhero characters, *Ray and the Sunbeatables™*, who have sun-safe superpowers to protect against the harmful effects of UV rays. As a result of the program, children will understand why sun protection is important and demonstrate how to protect their skin from the sun.

[Email CATCH](#) for details or call 855-500-0050 x805.

Limit one free kit per school. Additional kits are available for

purchase. In-person training is also available.

Getting Sunbeatables™ is as easy as 1-2-3:

1. Go to <https://www.surveymonkey.com/r/Sunbeatables> to complete the program participation form.
2. Complete the pre-recorded online training webinar. The link to access the training will be provided when they receive your participation form.
3. When you have viewed the webinar, complete the short online evaluation survey.

Funding Opportunity - Hurry and Apply Now!



Is your program a non-profit? Do you have a Sprouts store near you?

[The Sprouts Healthy Communities Foundation](#) supports health and wellness-related causes that directly impact the neighborhoods where our customers and team members live, work, and play.

The [Sprouts Healthy Communities Foundation](#) supports projects and programs addressing the following areas: 1) food security and hunger relief 2) health education and nutrition and 3) disabilities and health concerns.

Health Education & Nutrition—

Partnering to promote programs that teach good nutrition and physical activity in children. Wait, this sounds like the Empower Program!!

The [Grant Application](#) is available from June 1 to July 31, 2016. Applicants will be notified of their application's status in September 2016. Applications received after July 31 will not be considered.

Awards are from \$1000 to \$10,000! Hurry, applications are due by July 31, 2016.

ECLKC Resources

The [Early Childhood Learning & Knowledge Center](#), also known as [ECLKC](#), is one of the most informative websites I've seen. While it focuses on Head Start, it also has great information for all early childhood programs.

Here are some links that support the Empower Standards. Each of these links have several resources, like staff development, parent handouts, newsletters, checklists, and more.

Click on some of them and see what you can find for your program.

[Early Childhood Health and Wellness](#)

[Physical Health](#)

[Nutrition](#)

[Oral Health](#)

[Health Literacy & Family Engagement](#)

[Active Living](#)

More resources from [ECLKC](#):

[Sign Up for Newsletters](#)

[Watch Webinars, Videos, & Podcasts](#)

[E-Catalogue](#)

There's more than just health & wellness! Click these links to learn more about:

[Culture and Language](#)

[Child Development, Teaching & Learning](#)

[Parent, Family & Community Engagement](#)

[Professional Development](#)

[Infants & Toddlers/Early Head Start](#)

[Program Management & Fiscal Operations](#)

Let me know what you think. Do you have a resource to share? [Email Bonnie](#).

Odds and Ends



Below, find a variety of good articles, resources, and websites:

[End Mealtime Battles with One Question](#)

[Feeding a Quiet Child and an Active One](#)

[Eat Right—Resources for Kids](#)

[10 Tips Series](#)—handouts in English and Spanish on a variety of health and nutrition topics (hint = choose the PDF version for a great looking handout). These have FANTASTIC tips and are great for quick parent education.

[Institute of Child Nutrition](#)

[CARE Connection](#)—for CACFP Child Care Providers.

The [Office of Early Childhood Development \(ECD\)](#) promotes a joint federal approach to improve early childhood education and development. ECD includes the Offices of Child Care and Head Start, and the Interagency Team. What a collaboration! It's fantastic information.

[Let's Move!](#)

[Healthy Children](#)

First Things First

[Taking a Bite out of School Absences – Summary](#)

[Taking a Bite out of School Absences – Children's Oral Health Report 2016](#)

[Achieve OnDemand](#)—sponsored by the Ounce of Prevention Fund, these self-paced online training courses are designed specifically for Home Visitors. You can also learn more about these through our own [Strong Families AZ](#) if you create an account and log in.

[Nemours Early Care and Education Learning Collaborative \(ECELC\)](#)

Empower PLUS+ was the Arizona-branded learning collaborative approach funded by the Centers for Disease Control and Prevention (CDC) and administered by Nemours. This is the grant that brought me to ADHS over 3 years ago. [Watch this video](#) to learn more about what 150 licensed child care centers in Maricopa and Pima counties were doing during the year in which they participated. While we can't recreate the learning collaborative approach as it's shown here, we can build upon our Empower Program and share some of the many resources and tools that we discovered. We hope this monthly newsletter does that too.

[Watch the video here.](#)

Do you want to share pictures and stories with us? If so, email [Bonnie](#) and make sure you have a signed [photo release](#) for any of the children in the photo.

Professional Development Network

How much do YOU know about the

[Arizona Early Childhood Career and Professional Development Network?](#)

In case you haven't heard, this is THE go-to place for all of your training and professional development needs. When you visit the Network, you'll learn about:

1.) How to advance your career - find conferences, professional development opportunities, CPR and First Aid training, training requirements, and more. 2.) Resources and information - workforce knowledge and competencies, instructor standards, career lattice, and standards and guidelines. 3.) Organizations and agencies—there are many programs that offer training throughout the state and almost all of them are FREE to you.

Are YOU registered in the

[Arizona Early Childhood Workforce Registry?](#)

This [YouTube video](#) walks you through creating your own personal account in the new registry. Don't be left behind! Register today!

Professional Development Opportunities

For training and professional development opportunities, please check out the following organizations using these links. Many of the trainings are related to Empower Standards and can satisfy [Standard 8](#) which states 'Ensure that staff members receive three hours of training annually on Empower topics.'

[Arizona Center for Afterschool Excellence \(AzCASE\)](#)

[The Early Childhood Bulletin](#) and [Training Catalog](#). Are you a DES provider? Have you completed your DES Pre-Service Health and Safety Mandates? Check out the [Bulletin](#) for more information.

[ADE Early Childhood Unit](#)

[Better Kid Care \(online\)](#)

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ARIZONA DEPARTMENT
OF HEALTH SERVICES